

Parks & Recreation

H e n r y C o u n t y

Program Guide

Fall • 2016



A MESSAGE FROM THE DIRECTOR

Dear Fellow Citizens:

The Philpott Marina Group Campground is quickly becoming the favorite camping spot around Philpott Lake. We currently have a few weekends left this fall and people are starting to make reservations for 2017. Reservations can be made up to six months ahead of time for less than five nights and up to a year ahead of time if you are reserving five or more nights.

This fall program guide is packed with many fun activities for children, adults, families and seniors. For children we have fall sports, craft activities, Letters from Santa, Christmas Card Contest and much more. Our adult football and basketball leagues will once again be offered for people age 18 and over. The Great Goblin Gallop 5K race will be returning for the 19th year on October 22. Fall is a great time to be outdoors and we have plenty of opportunities for seniors to enjoy the many parks and trails that are available in our area.

Thank you for your interest in Henry County Parks & Recreation, and have fun!

Sincerely,
Roger Adams, CPRP

OFFICE INFORMATION

Henry County Parks & Recreation Office Information

Henry County Parks & Recreation is a member of the Virginia Recreation and Park Society (VRPS) and the National Recreation and Park Association (NRPA).
Henry County Parks and Recreation may be contacted, Monday - Friday 8:00am - 5:00pm at:

PO Box 7 • Collinsville, VA 24078

Phone: 276.634.4640 • Fax: 276.634.4637 • Email: radams@co.henry.va.us

HENRY COUNTY PARKS & RECREATION STAFF

Roger Adams, CPRP
Director

Melissa Puckett
Senior Services Coordinator

William Flippen, CPSI
Parks Manager

Eric Martin
Parks Maintenance Staff

Gary Rea
Parks Maintenance Staff

Daniel Reynolds
Recreation Programmer

Renee Wood
Office Manager

Chad Turner
Parks Maintenance Staff

Benny Luther
Parks Maintenance Staff

Officiating Opportunities

Henry County Parks and Recreation is seeking individuals to work as officials in our Youth and Adult Sports Programs. Sports include Baseball, Softball, Flag Football, Tackle Football, and Girl's and Boy's Basketball.

The pay and hours vary with each sport. Contact our office for additional information.

FITNESS & SPORT

MEN'S FLAG FOOTBALL LEAGUE

This is a great sport to get some exercise and enjoy the beautiful fall weather. Teams will consist of up to 18 players per team. There is a maximum of 8 teams in the league. Call 634.4645 to register your team.

Date/Time: Season begins mid-September
Registration deadline: September 7th
Games will be played on Sundays
from 1:00pm - 4:00pm

Location: Smith River Sports Complex
Cost: \$385 per team (Age: 18+)

ADULT KAYAKING DAY

Join us as we make our way down the beautiful Smith River before the weather gets too cold. We will take a peaceful and relaxing 2.5 hour trip starting at the South Martinsville Access point and take out at the soccer complex. Participants need to have their own boat or arrange to rent one for the day from Smith River Outfitters. Parks & Recreation will provide a shuttle to get everyone and their boats to the starting place. For more information call HCPR at 634.4645.

Date/Time: September 1st • 1:00pm
October 13th • 1:00pm
Location: Smith River Sports Complex
Cost: FREE if you have your own boat

BASKETBALL SPIRIT SQUAD

This is a Middle School cheer program for 6th, 7th and 8th grade girls. Participants learn the value of teamwork, sportsmanship and the importance of good character. Participants that register are placed on cheer squads for the 2016-2017 basketball season.

Date/Time: Registration begins October 5th
Registration deadline is November 14th
Location: Middle Schools
Cost: \$40

YOUTH GOLF

Come out to Horsepasture National Par 3 where anyone under the age of thirteen can play the Par 3 course for FREE, with a paying adult.

Date/Time: Anytime from September - November
Location: Horsepasture National Par 3
Cost: Under age 13, FREE with a paying adult

WALKING TRAILS

Come out and enjoy some of the walking/hiking trails that Henry County has to offer. Each location offers something different.

Dick and Willie Passage Rail Trail	Martinsville
Jack Dalton Park	Collinsville
Gravelly Nature Preserve	Ridgeway
Lauren Mountain Nature Preserve	Bassett
Doe Run Wildlife Trail	Martinsville
Fieldale Walking Trail	Fieldale

TAKE A KID WITH YOU GOLFING

Looking for some quality time with your children? Local golf courses around the county and city are applauding anyone who will take their children out golfing with them. With a paying adult, children can either play for free or a discounted rate (depending on age). Children 12 and under play for FREE. Children ages 13-16 play for ½ cart fee or only cart fee, depending on course.

Date/Time: Second Tuesday of the Month
Beaver Hills Golf Club, Martinsville, VA
Third Thursday of the Month,
Forest Park Country Club, Martinsville
All times start at 6:00pm. Be sure to tell them what brought you out.

WRESTLING CLUB

Henry County Parks and Recreation is teaming up with local high school coaches to form a Wrestling Club for those interested in working on their wrestling skills. This is for kids ages 5 years or older. Call Henry County Parks and Recreation to learn more.

Date/Time: Fridays starting September 9th
6:00pm-7:30pm
Location: Bassett High School Wrestling Room
Cost: Free

MILES IN MARTINSVILLE

Get up and get moving with the Miles in Martinsville Series and help support Outreach Programs of the YMCA. There are distances for runners of all levels from 5K to half marathon so sign up and support these great events and causes. Contact the Martinsville YMCA at 632.6427 or visit www.milesinmartinsville.com to learn more!

Harvest Moon 5K & 10K	September 16th
Turkey Day 5K Fun Run	November 24th

FITNESS BOOTCAMP & WOMEN'S BOOTCAMP ***NEW***

Henry County Parks and Recreation is teaming up with Rekr Tactical to offer extreme sports training. The goals of the boot camps are to get you in shape and feeling confident in yourself and your success. The workouts are all high intensity and fast paced. Be ready to step out of your comfort zone with your workout and prepare to see just what you're made of. Call HCPR at 634.4645 or Rekr Tactical at 694.2408 for more details.

Date/Time: TBD
Location: EMI Building
Cost: TBD

SELF DEFENSE ***NEW***

Henry County Parks and Recreation is teaming up with Rekr Tactical to offer self-defense classes. Instructors are well seasoned defensive tactics instructors for law enforcement and have decades of martial arts training and instructional experience. Training programs start with mental preparation, lead into conditioning and then on to techniques. Rekr Tactical Concepts offers a Women's Self Defense Class. This course is a one day course and teaches individuals how to be more self-aware, what the signs are that might indicate you are being watched or followed, how to focus on the survival mindset, what you may be forced to do during an attack, and what to do after an attack has occurred. Call HCPR at 634.4645 or Rekr Tactical at 694.2408 for more details.

Date/Time: TBD
Location: EMI Building
Cost: TBD



The Philpott Marina store, campground and fueling station is now open. The hours are 7:30am until dusk. You can contact the store directly at (276) 340-0485.

SPECIAL EVENTS & ACTIVITIES

19TH ANNUAL GREAT GOBLIN GALLOP 5K RUN

Join us for the 19th Annual Great Goblin Gallop 5K Race at the former Druid Hills Elementary School. The course is a beautiful level loop around Lake Lanier. Refreshments and door prizes will be available. This event is sponsored by Henry County Parks & Recreation and Martinsville Parks & Recreation. Participants dress in your best costume this year for a chance to win our Halloween Costume Contest. Race winners and costume winners will receive custom Great Goblin Gallop medals.

Day/Time: Saturday, October 22nd
9am Check-in, 10am Race Starts
Location: Druid Hills School
Cost: Early Bird - \$20 • Race Day - \$25

HALLOWEEN TREAT BAGS

Trick-or-Treating Bags will be dispersed to Elementary School children beginning Monday, October 17th. Bags are also available in the lobby of the Henry County Administration Building.

Day/Time: Available - October 17th
Location: Henry County Administration Building
Cost: Free

HALLOWEEN FESTIVAL

Come out to Jack Dalton Park on Friday, October 28th for a Halloween celebration. The festival includes games, children and adult costume contests, a hayride and of course trick-or-treating. Pre-registration is required for costume and pumpkin carving contests. Halloween bags and goodies will be provided. Call 634.4640 to pre-register for contests.

Day/Time: Friday, October 28th • 6:00pm - 10:00pm
Location: Jack Dalton Park
Cost: Free

HUNTERS SAFETY COURSE

In conjunction with the Virginia Department of Game and Inland Fisheries, Henry County Parks and Recreation is offering a Basic Hunters Safety Course. First time hunters are required to take the course, including all persons 12 or older who have never been issued a hunting license. Pre-registration is required. Register online at <http://www.dgif.virginia.gov/hunting/education/>. Contact Henry County Parks and Recreation at 634.4645 for more information or to learn how to register.

Day/Time: September, date will be released on the DGIF website
Location: Patrick County
Cost: Free

ART CLASSES ***NEW***

Join Henry County Parks and Recreation for fun-filled classes of introductory art lessons for children ages 6-13. Children will participate in still life drawings, paintings, cartoons, abstract paintings and other forms of art. Pre-registration is required, camp is limited to 15 participants.

Day/Time: 2nd Thursday of September, October and November • 6:00pm - 7:00pm
Location: Henry County Administration Building
Cost: \$5

GEOCACHING

Geocaching uses Global Positioning to hide and find "caches" that have been placed there by others. Be sure to leave the cache where you found it, but feel free to take and leave something inside. Be sure to sign the log book to see when the last time someone found the cache. You can go find these caches at your convenience and move at your pace. Use the coordinates below to find the caches at that park, you will need your own GPS system.

Jack Dalton Park	N36 44.643	W79 53.431
Gravely Park	N36 36.625	W79 48.946
Philpott Marina	N36 46.740	W80 01.896
Lauren Mountain Nature Preserve	N36 44.643	W80 00.300
Doe Run Park	N36 40.386	W79 53.339
Halloween Cache	N36 41.935	W79 56.074

CHRISTMAS CARD DESIGN CONTEST

Elementary, Middle, and High School Students will design Christmas Cards for Henry County Parks and Recreation. The winning card will be used as the official Henry County Parks and Recreation 2016 Christmas card, which will be sent to different agencies all over the state of Virginia. There will be a winner from each school and plaques are awarded!

Time/Days: Deadline for cards:
Thursday, December 1st
Location: Henry County Schools
Cost: No Fee

LETTERS FROM SANTA

Through special arrangements with Santa Claus and his Elves, children may receive a personalized letter from Santa's Workshop. Registration forms will be distributed through the Henry County Schools and will be available at the Henry County Parks & Recreation office. Forms are available beginning November 1st

Time/Days: Deadline for forms is
Friday, December 2nd
Location: North Pole - Henry County Branch
Cost: No Fee

GROUP FISHING POLE LOANER PROGRAM

In conjunction with the Virginia Department of Game and Inland Fisheries, Henry County Parks and Recreation is offering a Fishing Pole Loaner Program. Interested persons should call 634.4645 to reserve or learn more about our Group Fishing Pole Loaner Program. This program is free.

THANKSGIVING CRAFTS

Join Henry County Parks and Recreation for a Thanksgiving themed craft class. The children will make and take home several different crafts. Children must be pre-registered for this class. Class is limited to 10 children. Contact Henry County Parks and Recreation at 634.4640 for registration information.

Day/Time: Tuesday, November 22nd
5:30pm - 6:30pm
Location: Henry County Administration Building
Cost: \$5

CHRISTMAS CRAFTS

Join Henry County Parks and Recreation for a Christmas themed craft class. The children will make and take home different crafts. Children must be pre-registered for this class. Class is limited to 10 children. Contact Henry County Parks and Recreation at 634.4640 for registration information.

Day/Time: Monday, December 19th
5:30pm - 6:30pm
Location: Henry County Administration Building
Cost: \$5

BASIC CAR MAINTENANCE

Join Henry County Parks and Recreation and Auto Tech for a crash course in basic car maintenance. Participants will learn how to check and change their oil, check spark plugs, rotate their tires, check car fluids, and more. Participants must pre-register by calling Henry County Parks and Recreation at 634.4640.

Day/Time: November 3rd • 5:30pm - 6:30pm
Location: Auto Tech in Martinsville, VA
Cost: \$15

HANDGUN SAFETY COURSE **NEW**

This course is designed for individuals desiring to become more familiar with a firearm, learn safe handling of firearms, or learn the basics of handgun shooting. The course also meets the "Firearms Safety Course" requirements for Virginia's Concealed Carry Permit Application. The course is instructed by NRA instructors who are existing law enforcement or prior U.S. Military Veterans. The course consists of a classroom session, a written exam, and range time. This is an 8 hour course, please call Rekk Tactical at 694.2408 for more details.

Date/Time: TBD
Location: EMI Building
Cost: \$50.00

PUMPKIN CARVING CONTEST

Come to Jack Dalton Park and enjoy an old-fashioned pumpkin carving contest. Parks & Recreation will provide patterns and tools for carving. Participants must bring their own pumpkin. All children must be accompanied and supervised by a parent or guardian.

Time/Date: 6:00pm • Thursday, October 13th
Location: Jack Dalton Park Picnic Shelter
Cost: \$3 - pre-registration is required and limited to 50 participants

CHAMPIONS IN MOTION

Champions in Motion is a fun and exciting cheerleading program for children ages 4-18. Students will learn the following: fundamentals of cheerleading, dance routines, parade routines, cheers, chants, leaps, jumps, how to perform in front of audiences and preparations for school cheerleading. Classes meet once a week and run for 45 minutes.

Date/Time: TBD
4-6 year olds: 5:30pm-6:15pm
7-9 year olds: 6:15pm-7:00pm
10 years old and up: 7:00pm-7:45pm
Location: Henry County Administration Building
Cost: \$7 per week with a \$8 registration fee

THURSDAY TRAIL TREKKERS

This group, co-sponsored by Henry County Parks & Recreation and the Dan River Basin Association, will meet on Thursday mornings to explore a different trail every week. All the trails selected will be moderate in length and difficulty, and Senior-friendly, but there is no minimum age requirement. Please contact Paul Johnson at kpj24112@gmail.com with any questions. Seniors interested in this program will need to pre-register with Henry County Parks & Recreation Senior Services at 634.4644.

Time/Days: Thursdays, 9:15 am weather permitting, starting September 1, 2016

Location: September

1st	Lake Lanier
8th	Smith River Sports Complex
15th	Falls Creek Falls
22nd	Uptown Connector and Silver Bell
29th	Mulberry Creek overlook section of Dick and Willie (We will start at Fisher Street to cut the distance out and back.)

October

6th	Doe Run Park
13th	Philpott Park
20th	Beaver Creek Reservoir
27th	Gravely Preserve

November

3rd	Collinsville Jaycee Park
10th	Patrick Henry Community College
17th	Lauren Mountain Preserve
Cost:	Free

RUN/HIKE THE TRAILS

Want to get in shape while enjoying some of our great trails in the area? Want to jump start your Friday morning with a quick 15 minute run? Come out and meet once a week while we take on trails such as Fieldale Trail, Dick & Willie Trail, Lauren Mountain and Jaycee Park. Terrain will be uneven, rocky & steep.

Date/Time: Friday mornings, September-November 6:45am

Location: 1st Friday of Month:
Lauren Mountain Preserve (Bassett)
2nd Friday of Month:
Fieldale Trails (Fieldale)
3rd Friday of Month:
Doe Run Park (Martinsville)
4th Friday of Month:
Jaycee Park (Collinsville)
Cost: FREE

TRIPS / SPORTS EVENTS

TRAIN TO MANASSAS FALL JUBILEE

Join us on Saturday-Sunday, October 1-2, 2016 as we travel to Manassas and Prince William County, Virginia. Day 1: Travel from Roanoke to Lynchburg by motor coach. In Lynchburg, you will board an Amtrak train for a scenic excursion. The 34th Annual Fall Jubilee will have live music, crafts, a community booth and a pumpkin patch. Day 2: Pay respect at Quantico National Cemetery with a private flag layering ceremony at the graves of veterans whose remains were previously forgotten. You will also visit the National Museum of the Marine Corps.

Price per Person: \$299/single; \$269/double; \$264/triple; \$259/quad

AUTUMN LEAF RAMBLER

Join us as we travel to Dillwyn, VA on Saturday, October 8, 2016, and ride the Autumn Leaf Rambler on a 3 1/2 hour roundtrip train ride to New Canton, VA. This train is a historic and nostalgic journey into rural Buckingham County.

Price per person: \$99/person

FALL FOLIAGE TRAIN TO MICHIE TAVERN

Join us Sunday, October 9, 2016 as we travel by bus and train to Charlottesville, VA. We will travel from Danville to Lynchburg by bus. We will board the Amtrak train in Lynchburg for our scenic excursion. We will arrive at the former Southern Railway station in Charlottesville, VA and then the bus will take us to Michie Tavern.

Price per person: \$99/person

AUTUMN AT ROCK CHURCHES OF THE BLUE RIDGE

Join us Monday, October 10, 2016 as we travel to Carroll County, VA and tour the courthouse in Hillsville on the 104th anniversary of the April 1912 massacre. As you begin your trip up the Blue Ridge Parkway, we will focus on six historical churches built by the Rev. Bob Childress. Come with us and learn how one man made such a huge impact on the mountain people that the biography "The Man Who Moved a Mountain" was written.

Price per person: \$69/person

HALLOWEEN IN MAYBERRY

Join us Saturday, October 29, 2016 as we travel to Mount Airy, NC, the hometown of Andy Griffith, which served as the inspiration for the fictional town of Mayberry. You will get to see Floyd's Barber Shop, Andy's Boyhood home, granite buildings, the world's largest open faced granite quarry and replicas of Wally's Filling Station. You will also visit Mill Creek General Store which specializes in Amish meats and cheeses.

Price per person: \$69/person

FALL IN NEW YORK CITY

Join us as we travel to New York City, Friday-Sunday, November 4-6, 2016.

Day 1: Travel to New York City and visit the 91 National Memorial, China Town and Little Italy
Day 2: Visit Rockefeller Plaza, St. Patrick's Cathedral, the NBC Store, Sak's Fifth Avenue and see Radio City Music Hall. You will eat lunch at the New York City Grand Terminal where you find a wide selection of food choices and then make your way to Times Square. You will finish the day by visiting the worlds largest department store-Macys and Herald Square.
Day 3: Visit the 911 Memorial at Liberty Park, New Jersey and have the opportunity to photograph the New York skyline. We will begin our journey home and stop for lunch at the Hershey Chocolate World's Food Court.

Price per Person: \$499/single; \$399/double; \$389/triple; \$379/quad

VETERAN'S DAY WEEKEND IN WASHINGTON, DC

Join us Friday-Sunday, November 11-13, 2016 as we travel to the nation's capital.

Day 1: Travel from Roanoke, VA to Arlington, VA to visit the Arlington National Cemetery where you will see the Kennedy graves as well as the changing of the guard at the Tomb of the Unknown Soldier.
Day 2: Visit the Roosevelt Memorial, the World War II Memorial, the Vietnam Memorial, the Korean Memorial, the Martin Luther King Memorial, Lincoln Memorial, Jefferson Memorial and many more attractions.

Price per Person: \$399/single; \$339/double; \$329/triple; \$319/quad

CHRISTMAS LIGHTS ON VIRGINIA BEACH

Join us Saturday-Sunday, November 26-27, 2016 as we travel to see the Christmas Lights of Virginia Beach.

Day 1: We will make a stop at the Peanut Patch store along the way. We will have ocean front rooms. We will board the bus and travel along the Boardwalk for an amazing display of Christmas lights and fixtures along the Beach.
Day 2: Visit Fort Story and see two lighthouses as well as the marker for the first landing. You will get to see where the Chesapeake Bay Bridge and Tunnel are. There will be some time for shopping before heading home.

Price per Person: \$239/single; \$199/double; \$194/triple; \$189/quad

For registration form, please contact us at 634.4640. For trip information, contact Ernie Date at 540.366.2888 or erniedate@aol.com

CLUBS

SMITH RIVER VALLEY CANOE CLUB

Club meets to promote the year round sport of canoeing/kayaking. We offer information on equipment, skills, and river destinations. Rolling sessions are held weekly. Contact: BR Bryant at 638.4306 or email: creek1r@comcast.net. Like them on Facebook to find out more.

PATRICK HENRY PATRIOT RC CLUB

Radio Control Model Aviators meet monthly to promote and encourage the Radio Control Model Aviation hobby. During warm weather months, the club meets at PATRIOT R/C FIELD located just beyond the Convenience Center on Jack Dalton Road. New members are always welcome! Visit the Patriot Website: www.phprc.net.

Time/Days: Second Saturday, Monthly • 12:00pm
Location: Henry County Admin. Bldg.
Patriot Flying Field
Cost: See club members for dues

HENRY COUNTY PHOTOGRAPHY CLUB

Local photographers from novice to professional meet monthly for open discussion about photography. Membership is free. Please bring your camera and/or photographs to share with the group. More info on our Facebook page <https://www.facebook.com/hcproamphoto> or e-mail henrycountyphoto@gmail.com.

BIKE CLUB

Our bike club is open to participants of all ages and skill levels. Weekly rides and monthly meetings vary, see website at www.henrycountybikeclub.com for more details. Like them on Facebook to find out more.

Time/Days: Varies
Location: Varies
Cost: \$10 Individual Membership or \$15 Family Membership

BLUE RIDGE SKI AND OUTING CLUB

The BRSOC meets monthly to promote getting active in the outdoors. Members enjoy a wide variety of activities together including hiking, canoeing, kayaking, biking, traveling, wake boarding, picnicking, bowling, snow skiing and snowboarding. Call Bren Burke, Public Relations Director at 434.251.8984 for information or visit their website at www.BRSOC.org. Like them on Facebook to find out more.

50 PLUS CLUB DROP-IN

DROP-IN ACTIVITIES

- Bingo** 1st & 3rd Tuesdays of each month • 1:00 p.m. (Cancelled December 20th)
- Bridge** 2nd and 3rd Thursdays of each month 12:30 p.m. (Please have four people to play at your table.)
- Book Bingo** 4th Tuesday of each month • 1:30 p.m.-3:00pm Collinsville Branch Library
- Walking Club** 6:00am Mondays & Wednesdays (weather permitting thru September)
- Dick & Willie Walk** 8:15am Monday, Wednesday, and Friday (Weather permitting except holidays. Time will change to 9:15am on 10/3/2016)

Activities are held at the Henry County Admin. Building in Room #1 (right side room next to the main boardroom.) The Walking Club meets at Jack Dalton Park located off Kings Mountain Road. The Dick & Willie Walk starts at the Liberty Street Trailhead.

DROP-IN HEALTH SCREENINGS

The drop-in health screenings are free and available to all adults 50 and above. These screenings are designed to promote awareness and healthier lifestyles for seniors.

GOLDEN LIVING CENTER WILL CONDUCT A FREE BLOOD PRESSURE SCREENING:

Time/Days: September 20, October 18, and November 15 (December 20th cancelled) from 12:30pm to 1:00pm
Location: Henry County Admin. Bldg., Rm#1

PRIVACARE WILL CONDUCT A FREE BLOOD SUGAR SCREENING:

Time/Days: September 13, October 11, November 8, and December 13 from 8:00am to 9:00am
Location: Henry County Admin. Bldg., Rm #1

50 PLUS CLUB TRAVEL

HENRY COUNTY TOUR

Henry County Parks & Recreation will sponsor a trip which will include the following: Valley Star 300 Practice Day at Martinsville Speedway, Bassett Community Market, lunch at Papa's Pizzeria, Philpott Lake visit with a Ranger Talk, and Philpott Marina. Pre-registration is required by calling 634.4644 by September 19th and payment for the trip is due September 29, 2016.

Date/Time: Thursday, October 6th
Location: Henry County
Cost: \$30.00

MARY POPPINS: THE MUSICAL & TOUR

The trip will include Piedmont Arts, Virginia Museum of Natural History, MHC Heritage Center and Museum or Studio 107, dinner at Wild Magnolia and Mary Poppins: The Musical at Patrick Henry Community College. Pre-registration is required by calling 634.4644 by November 11th and payment is due November 23rd.

Date/Time: Thursday, December 1st
Location: Henry County/Martinsville
Cost: \$50.00

50 PLUS CLUB

SENIOR TRANSPORTATION

Henry County Parks and Recreation provides transportation services to senior citizens, particularly those who reside in rural areas, that are residents of Henry County and are sixty years of age and older. Preference is given to elderly, transportation disadvantaged and disabled. Contributions are accepted. For a ride, call 634.4644.

Regular Transportation Schedule
Monday & Tuesday – Senior Nutrition Sites
Monday thru Thursday - Demand Response

SENIOR NUTRITION SITES

Join us for entertainment, socializing and a good hot lunch. This program is for seniors sixty years of age and older and all income levels. Come join the fun, food and fellowship. If you are interested in attending, please call 634.4644.

Time/Days: Mondays, 11:00am – 1:00pm
Location: Moral Hill Missionary Baptist Church in the fellowship hall
50 Moral Hill Drive, Axton, VA
Suggested donation

Cost:

Time/Days: Tuesdays, 11:00am – 1:00pm
Location: EMI Building
3289 Riverside Drive, Bassett, VA

Cost: Suggested donation

"SENIOR LINK"...CONNECTING SENIORS THROUGH FELLOWSHIP, FITNESS & FUN!

This publication contains the most recent up to date information regarding senior citizen activities and programs available to seniors in the Henry County area. The newsletter is available to any senior adult interested in being placed on the email or mailing list by calling Lois at 634.4644.

BREAKFAST CLUB

The Breakfast Club is open to all adults age 50 and above. The Breakfast Club is designed to be a fun and socially interactive way to meet people and enjoy breakfast in a nice atmosphere.

Time/Days: 4th Tuesday of each month, 8:30am
Location: September 27 Clarence's Steak & Seafood
6636 Greensboro Road
Ridgeway, VA
October 25 Skip's Restaurant
900 Starling Avenue
Martinsville, VA
November 22 Sirloin House
530 Commonwealth Blvd.
Martinsville, VA
December 27 Fieldale Café
63 Marshall Way
Fieldale, VA

Cost: Individual is responsible for cost of breakfast

OUT-TO-LUNCH BUNCH

The Out-To-Lunch Bunch is open to all adults age 50 and above. Join us at a local restaurant for lunch. Everyone is welcome.

Time/Days: 3rd Tuesday of each month • 1:00pm
Location: September 20 Hugo's Restaurant & Sports Bar
10 East Church Street, Martinsville, VA
October 18 Clarence's Steak & Seafood
6636 Greensboro Rd., Ridgeway, VA
November 15 Third Bay Café
1163 Spruce Street, Martinsville, VA
December 20 Wild Magnolia
730 East Church Street, Martinsville, VA

Cost: Individual is responsible for cost of lunch

FIRST FRIDAYS AT THE LANES - SENIOR SOCIAL

Sportlanes in conjunction with Henry County Parks & Recreation will sponsor a Senior Social with each game of bowling costing only \$1.00 with coffee and refreshments provided free. Come on out and socialize, bowl and just have a good time.

Time/Days: October 7, November 4, and December 2
9:00am - 11:00am
Location: Sportlanes
10 Koehler Road, Martinsville, VA
Cost: \$1.00 per game

FUNDAMENTALS OF BOWLING

Sportlanes and Henry County Parks & Recreation will be hosting a class designed to teach individuals fifty years of age and older the fundamentals of bowling. The class will teach you how to properly hold the bowling ball, how to roll the bowling ball, using proper stance, and utilizing the computer for scoring. Beginners and experienced bowlers are welcome to attend. Pre-registration is required by calling 634.4644. Space is limited so please sign up early.

Time/Days: Tuesday of each week for five weeks,
beginning October 4, 2016
1:00pm - 2:00pm
Location: Sportlanes
10 Koehler Rd., Martinsville, VA
Cost: \$20 for five weeks

SENIOR BOWLING APPRECIATION DAY

Henry County Parks & Recreation and Sportlanes are proudly sponsoring Senior Bowling APPRECIATION DAY. We appreciate those seniors who are bowling on the senior leagues and would like to encourage additional senior participation in the leagues. We invite anyone fifty years of age and older to bowl with us for free on Friday, September 2 at Sportlanes from 9:00 am to 11:00 am. We will have information available about the upcoming senior leagues.

Time/Days: Friday, September 2 • 9:00am - 11:00am
Location: Sportlanes
10 Koehler Road, Martinsville, VA
Cost: Free for individuals 50 years of age and older

BRIDGE CLUB

The Bridge Club is open to all adults age 50 and above. Bridge is designed to be a fun and socially interactive way for seniors to enjoy playing cards. Those beginners who know how to play as well as experienced Bridge players are welcome. For additional information, please call 634.4644. (To ensure no one goes away without playing, please plan ahead to have four people play at your table.)

Time/Days: 2nd & 3rd Thursdays of each month • 12:30pm
Location: Henry County Administration Bldg., Rm #1
Cost: Donation

VACCINATION CLINIC

Walgreens is partnering with Henry County Parks & Recreation to make vaccines more accessible to the seniors in our community. Walgreens will be at the Henry County Administration Building administering flu and pneumonia vaccines on Wednesday, October 12, 2016 from 9:00am - 12noon. They will accept Medicare Part B, Medicare Part D and cash. Please feel free to contact your Collinsville Walgreens for more information at 647.1101.

Time/Days: Wednesday, October 12th
9:00am - 12noon
Location: Henry County Administration Bldg. Rm#1
Cost: Medicare Part B, Medicare Part D and cash are accepted

MOVIE DAY

Join Henry County Parks & Recreation for an afternoon at the movies. We will announce the movie we plan to attend the week before we plan to go. Give us a call at 634.4644 to check on the movie we plan to see and for additional details. If you choose to provide us with an e-mail address, we will be happy to send the information to you.

Time/Days: Time to be determined
Location: Varies
Cost: To be announced

BOOK BINGO

Henry County Parks & Recreation and the Collinsville Branch Library will sponsor Book Bingo for adults 50 years of age and older. If you are interested in learning about great books, winning prizes and light refreshments, this is the activity for you. For additional information please call 634.4644.

Time/Days: September 27, October 25, November 22
and December 27
1:30pm - 3:00pm
Location: Collinsville Branch Library
2540 Virginia Avenue, Collinsville, VA
Cost: Free/Donations of books accepted

HEALTH CARE SCREENINGS & INFORMATION

Martinsville Urgent Care will be available every 4th Thursday of each month to provide free health screenings and health care information to individuals 50 years of age & older. A member of their staff will be available to check your blood pressure and conduct a random blood sugar test. Blue Ridge Village will be available to discuss alternative health care needs and Mountain Valley Hospice & Palliative Care will conduct an individual oxygen saturation test and Natalie Gongloff is available to discuss healthy skin care. You may want to call the office the day before the screening to confirm the provider you are interested in will be on-site. For additional information, please call Henry County Parks & Recreation at 634.4644.

Time/Day: September 22, October 27, December 22
9:00am - 11:00am
Location: Lobby of the Henry County Admin. Building
Cost: Free

CAPTAIN'S CHOICE GOLF TOURNAMENT AT FOREST PARK COUNTRY CLUB

Henry County Parks & Recreation will sponsor a Captain's Choice Golf Tournament for seniors at Forest Park Country Club. Pre-registration and payment for the tournament is due by September 26th. For additional information regarding pre-registration and payment, please call 634.4644.

Time/Day: Monday, October 3, 2016 • 9:00am
Location: Forest Park Country Club
1821 Mulberry Road, Martinsville, VA
Cost: \$18 entry fee

SENIOR KAYAKING

Henry County Parks & Recreation Senior Services will sponsor three different recreational paddling opportunities for seniors 50 years of age and older. The trips will last approximately 2 hours and shuttle service will be provided on a first-come first-serve basis. Participants must provide their own equipment (life jacket, kayak, paddles). If you need to rent a kayak and other necessary equipment to paddle, you may contact Smith River Outfitters to discuss rental rates. Please bring a water bottle and wear appropriate clothing (wicking shirt, light jacket, and old tennis shoes, etc.) Pre-registration is required and the paddling trip is limited to 10 participants. For more information, please call Henry County Parks & Recreation at 634.4644.

Time/Day: Thursday, September 1st • 1:00pm
Thursday, September 22nd • 11:00am
(Bring a bag lunch and drink. The plan is to have lunch at Gravely Nature Preserve after 1.5 hour trip down river)
Thursday, October 13th • 1:00pm
Location: Meet at Smith River Sports Complex Canoe Access at 1:00 pm on September 1 & October 13. We will meet at 11:00 am on September 22nd. This trip requires intermediate kayaking skills due to Eggleston Falls being one of the largest rapid on the Smith River.
Cost: Free

50 PLUS CLUB

SENIOR LADIES SAFETY & FIREARMS CLASS

The Henry County Sheriff's Office in cooperation with the Henry County Parks & Recreation Department will sponsor a safety and firearms class for ladies fifty years of age and older. You are required to furnish your own firearm, bullets or blanks, and transportation to the shooting range. Pre-registration and payment for the class is required. For additional information or to pre-register, please call 634.4644. Space is limited to twelve participants so please call early.

Time/Days:	September 27th • 1:00pm Rain Date: September 28th
Location:	Henry County Sheriff's Office Conference room and shooting range. The shooting range is located on Jack Dalton Road past the Jack Dalton Park and green boxes.
Cost:	\$45 per person (Payment due September 16th)

WALKING ON THE DICK & WILLIE PASSAGE

Let's go walking on the Dick & Willie Passage. Just remember that any increase in walking will promote good health. Seniors interested in this program will need to pre-register with Henry County Parks & Recreation Senior Services at 634.4644.

Time/Days:	Monday, Wednesday & Friday • 8:15am Weather permitting, except holidays The time will change to 9:15am effective October 3rd
Location:	Liberty Street Trailhead of the Dick & Willie Passage
Cost:	Free

SENIOR LINE DANCE

Line Dance Class is open to all adults age 50 and above. Line Dance Class is designed to be a fun way of learning new line dances and encourage social interaction with other seniors.

Time/Days:	Tuesdays at 10:00am
Location:	Teresa's School of Baton and Dance 50 Coffman Drive, Collinsville, VA
Cost:	Weekly or monthly fee

YOGA

A Yoga class is a great way to start your morning. Join us for a Yoga class designed to give you greater relaxation, energy and joy. You must provide your own yoga mat and pre-register at 634.4644. Space is limited for this free class so please sign up early.

Time/Days:	Tuesday of each week • 11:00am
Location:	Stanleytown United Methodist Church in the Fellowship Hall 24 Maplewood Avenue, Stanleytown, VA
Cost:	Free

BEGINNING COMPUTER CLASS

The Collinsville Branch Library, in conjunction with Henry County Parks & Recreation, will sponsor a Beginning Computer Class for seniors on Wednesdays for six weeks. You must pre-register as space is limited to eleven participants. Since the class will be held after the library closes, we ask that you arrive before 5:00 pm.

Time/Days:	Wednesdays, October 5th - November 9th 5:15pm
Location:	Collinsville Branch Library 2540 Virginia Avenue, Collinsville, VA
Cost:	Free

GOLDEN CROSSFIT 276

Start your morning off with a senior exercise class two days a week at CrossFit 276. CrossFit 276 will be offering a senior exercise class that can help you with flexibility, strength, and cardio in a great social atmosphere. The workouts are scalable and adaptable to each client's physical ability. Please call Henry County Parks & Recreation at 634.4644 or 632.3276 if you are interested in the class, need additional information or would like to register. You may also direct questions about CrossFit at CrossFit276@gmail.com.

Time/Days:	Mondays and Thursdays • 10:00am
Location:	CrossFit 276 31 East Church Street Martinsville, VA
Cost:	\$3 per class

ART OF THE MONTH

Join us for our Art of the Month class. Karen Eggleston, QVC artist, will instruct the class on the third Monday of each month and the fourth Tuesday of each month. There must be a minimum of 5 participants in each class. Space is limited so pre-register early by calling Henry County Parks & Recreation at 634.4644.

Time/Days:	3rd Mondays: 3-5pm & 6-8pm at Collinsville Branch Library 4th Tuesdays: 3-5pm & 6-8pm at the Ridgeway Branch Library
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NOTE: There is only a 3:00pm class at both locations in September.

AUTUMN PINE CONE ORNAMENT

The participant will create a pine cone ornament with an autumn theme. The autumn pine cone ornament will be dressed up with pine and novelties.

Cost:	\$15 for supplies
Monday, September 19th - Collinsville	
Tuesday, September 27th - Ridgeway	

HALLOWEEN WINE BOTTLE

The participant will paint a Halloween scene on the wine bottle with trees, fences, bugs and spiders. Lights will be included. Note: If you have glass-painting brushes please bring them with you to class.

Cost:	\$25 for supplies
Monday, October 17th - Collinsville	
Tuesday, October 25th - Ridgeway	

ACRYLIC PAINTING

The participant will paint a background with the star and Mary and Joseph will be a silhouette. This beautiful painting is just in time for your holiday decorating or gift giving. (Most likely you will not gift it and keep for yourself).

Cost:	\$30 for supplies
Monday, November 21 - Collinsville	
Tuesday, November 22 - Ridgeway	

THURSDAY TRAIL TREKKERS

This group, co-sponsored by Henry County Parks & Recreation and the Dan River Basin Association, will meet on Thursday mornings to explore a different trail every week. All the trails selected will be moderate in length and difficulty, and Senior-friendly, but there is no minimum age requirement. Please contact Paul Johnson at kpj24112@gmail.com with any questions. Seniors interested in this program will need to pre-register with Henry County Parks & Recreation Senior Services at 634.4644.

Time/Days:	Thursdays, 9:15 am weather permitting, starting September 1, 2016
Location:	Various Trails

September	
1st	Lake Lanier
8th	Smith River Sports Complex
15th	Falls Creek Falls
22nd	Uptown Connector and Silver Bell
29th	Mulberry Creek overlook section of Dick and Willie (We will start at Fisher Street to cut the distance out and back.)

October	
6th	Doe Run Park
13th	Philpott Park
20th	Beaver Creek Reservoir
27th	Gravely Preserve

November	
3rd	Collinsville Jaycee Park
10th	Patrick Henry Community College
17th	Lauren Mountain Preserve
Cost:	Free

IPHONE & IPAD CLASS

Do you have an iPad or iPhone? Join Henry County Parks & Recreation and the Virginia Cooperative Extension Office for a class on how to use these devices. Please be sure to bring your device to class with you. Please call Henry County Parks & Recreation at 634.4644 to register as space is limited.

Time/Days:	Monday, October 24th 9:00 am - 11:30 am
Location:	Henry County Administration Building (Main Board Room) 3300 Kings Mountain Road Martinsville, VA 24112
Cost:	Free

SENIOR FALL GOLF TOURNAMENT

Henry County Parks & Recreation in conjunction with the Martinsville Senior Center and Beaver Hills Golf Course is slated to host a Fall Senior Golf Tournament for men and women 50 years of age and older using the Calloway Handicap scoring system. Refreshments will be served after the first nine holes and immediately following the tournament. Please contact Beaver Hills Golf Course at 632.1526 for information on qualifying for the tournament.

Time/Days:	Tuesday, September 13th • 8:00am
Location:	Beaver Hills Golf Course 325 Beaver Hills Club Drive, Martinsville, VA
Cost:	\$10 entry fee for members \$16 entry fee for non-members

DECO MESH LIGHTED CHRISTMAS TREE MAKING WORKSHOP

Do you already know how to make beautiful Deco Mesh wreaths, but want to discover other ways to liven up your Christmas décor with this whimsical ribbon? Then join us for this advanced Deco Mesh class where we will teach you to make a stand-alone 33-inch Christmas tree and a wired-ribbon bow to adorn the top. It will also include lights that will shine through the mesh to give you a beautiful Christmas decoration that can be placed indoors or out. Pre-registration is REQUIRED and payment is due by November 4. Payment should be made to: Treasurer, VA Tech. You may register with the Virginia Cooperative Extension Office Monday - Friday from 8:00am - 4:30pm. Space is limited to 20 participants. You may secure your place by calling the Extension Office at 634.4650 and mailing your payment to: Henry County VCE, PO Box 7, Collinsville, VA 24078

Time/Days:	November 17th • 9:30am - 1:00pm
Location:	Henry County Admin. Bldg. Rm. #2 3300 Kings Mtn. Rd., Martinsville, VA
Cost:	\$40 - Payment must be received before November 4th

ADVANCED ANDROID DEVICE CLASS - TECHNOLOGY ON THE MOVE

Join Henry County Parks & Recreation and the Virginia Cooperative Extension Office for a class on how to use Android devices. Please be sure to bring your device to class with you or let us know if you need to borrow one while in class. Please call Henry County Parks & Recreation at 634.4644 to register as space is limited.

Time/Days:	Tuesday, October 4th 10:00am - 12:00pm
Location:	Henry County Admin. Bldg. Main Board Rm. 3300 Kings Mtn. Rd., Martinsville, VA
Cost:	Free

BEGINNING YOGA

Jump-start your morning with yoga! Are you new to yoga or just need to brush up your poses? In this class we will learn the foundational yoga postures focusing on alignment to balance the nervous system through many standing, seated and reclined poses, obtain foundational knowledge of breath awareness, as well as meditation and relaxation techniques. The instructor will provide variations of the postures to meet the individual needs of the student. All equipment will be provided unless you prefer to bring your own mat. Please call Henry County Parks & Recreation Senior Services to pre-register at 634.4644. Space is limited so pre-register early.

Time/Days:	Fridays, 10:30 - 11:30 am
Location:	Just Breathe Yoga & Bodyworks Studio 4 East Main Street, Martinsville, VA
Cost:	Fee is \$60.00 for 10 classes

FACEBOOK CLASS

Join us for a Facebook class at the Collinsville Branch Library which will teach the basics of Facebook. Learn how to create your account, post updates and photos, find friends, and more. These classes will be held on Tuesday afternoons from 1:30 pm - 3:30 pm. Please bring your own computer for hands-on activities each week.

Time/Day:	Tuesdays, starting August 30th thru September 20th 1:30 pm - 3:30 pm
Location:	Collinsville Branch Library 2540 Virginia Avenue, Collinsville, VA
Cost:	Free

PARKS, TRAILS AND FACILITIES

FACILITIES	PICNIC SHELTER	PLAYGROUND	RESTROOMS	TRAILS	BALL FIELDS	TENNIS COURTS	VOLLEYBALL COURTS	BOAT RAMP	CAMPGROUND
JACK DALTON PARK	●	●	●	●	●		●		
COLLINSVILLE JAYCEE PARK	●	●	●	●		●			
JORDAN CREEK PARK	●	●	●		●				
DOE RUN PARK			●	●					
FIELDALE PARK	●	●	●		●				
FISHER FARM PARK	●	●	●	●	●				
GRAVELY NATURE PRESERVE	●		●	●					
MT OLIVET RURITAN FIELD					●				
HORSEPASTURE RURITAN					●				
SAMUEL H. HAIRSTON					●				
FIGSBORO FIELDS					●				
SPENCER-PENN PARK		●		●	●				
SANVILLE RURITAN FIELD					●				
BLACKBERRY PARK		●			●				
DREWRY MASON FIELDS				●	●				
FIELDALE/TEXTILE HERITAGE TRAILS			●	●					
DICK & WILLIE TRAIL			●	●					
BASSETT RIVER ACCESS								●	
GREAT ROAD RIVER ACCESS				●				●	
FIELDALE RIVER ACCESS			●	●				●	
DOE RUN RIVER ACCESS								●	
S. MARTINSVILLE RIVER ACCESS								●	
FRITH DRIVE RIVER ACCESS								●	
SPORTS COMPLEX RIVER ACCESS	●	●	●	●	●			●	
MARROWBONE RIVER ACCESS				●				●	
MITCHELL BRIDGE RIVER ACCESS								●	
PHILPOTT MARINA			●	●				●	●

YOUTH ATHLETICS

BOYS BASKETBALL

League play is offered for boys ages 8-13 as of October 1, 2016

Teams are based at each elementary and middle school.

Registration Deadline:
November 14, 2016

Practice & Game Dates:
December through March

BASKETBALL SPIRIT SQUAD

Middle School cheer program is for 6th, 7th and 8th grade girls. Participants learn the value of teamwork, sportsmanship and the importance of good character. Participants that register are placed on cheer squads for the 2016-2017 boys basketball season. Basketball cheer squads are assigned according to the number of boy's basketball teams each school has and a \$40 fee is required.

Registration begins October 3rd
Registration Deadline: November 7th
Location: Middle Schools
Cost: \$40

ELEMENTARY BASKETBALL SPIRIT SQUAD

This is an Elementary School cheer program for 3rd, 4th and 5th grade girls. Participants learn the basic fundamentals of cheerleading, the value of teamwork, sportsmanship and the importance of good character. Participants that register are placed on cheer squads for the 2016-2017 basketball season. Basketball cheer squads are assigned according to the number of boy's basketball teams each school has and a \$10 fee is required.

Registration begins October 3rd
Registration Deadline: November 7th
Location: Elementary Schools
Cost: \$10 registration fee
(uniforms are purchased individually)

GIRLS VOLLEYBALL

League play is offered for girls ages 11-13 as of October 1, 2016

Teams are based at each middle school.

Registration Deadline:
November 14, 2016

Practice & Game Dates:
December through February

Our department has a weather hotline number that parents and coaches can call on days when it has been raining to find out if games are still being played. Call after 4:00pm on weekdays and 9:00am on Saturdays. **634.4636**

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VOLUNTEER YOUTH SPORTS COACHES DESERVE SPECIAL RECOGNITION

We would like to thank the following coaches for taking the time to be a volunteer youth sports coach. The time spent and your commitment are valuable to thousands of Henry County children and is appreciated by the Henry County Parks & Recreation staff.

BASEBALL/SOFTBALL

Charity Stone
David Gray
Tim Strader
Courtney Jones
Leslie Allen
Andrew Shively
James Craiger
Terry Carter
Tiffany Martin
Lorrie Richards
Angie Earles

Jamie Collins
Mike Deal
Justin Branch
Tim Robertson
Eddie Sechrist
Barry Priddy
Chris Williams
Charlie Minter
Jimmy Cooper
Wayne Holland
Lee Hughes

Laura Whitlow
Jason Wilson
Craig Henderson
Terrica Hairston
Grayson Barnes
Derek Futrell
Brad Nunn
Doug Mosley
Alisha Neal
Madison Gauldin

Travis Painter
Felisha Mellott
Marshall Thomas
Scott Gardner
Chas Geramita
Ray Hairston
Ricky McDaniel
Jerry Gallimore
Jessie Deskins
Tim Shoup